



## PE Newsletter Contents

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### PE Vision

**“It is our vision that all pupils at Platanos College become confident and competent in their approach to sport and physical activity. They will develop a positive attitude towards leading a healthy and active lifestyle, and how this can benefit them socially and emotionally as well as physically. Pupils will appreciate and value the symbiotic relationship between sports science and physical education, as well as develop life skills such as respect, leadership, fair play and working cooperatively with others to achieve a common aim. Furthermore, pupils will recognise the life skills they have learnt throughout their sporting experiences and successfully implement them into the world of work and adulthood”.**

**PE Department**  
Platanos College

## What We Offer

At Platanos College we offer a wide variety of sports as part of our KS3 curriculum, as well as GCSE PE being an option in KS4.

Our school also caters for pupils who wish to develop their sporting skills to play at a higher level, or wish to use sport as an opportunity to socialise and have fun.



**“Attitude  
Determines  
Altitude”**



- Football
- Basketball
- Rounders
- Badminton
- Trampolining
- Dance
- Athletics
- Table Tennis
- Cricket
- Volleyball
- Handball
- BMX Riding



Greenhouse Sports uses inspirational sports coaching and mentoring to engage young people and improve their life chances. This develops independent thinking, social, emotional and physical skills that help them thrive.

At Platanos we have a full time professional basketball coach, which enables our students to have access to basketball coaching for up to 15 hours per week.





### **Netball**

Netball at Platanos College remains a popular choice for the girls where it regularly brings in high numbers at training. The club allows all year groups to train, socialise and learn from one another as a holistic unit rather than just individual teams. These young ladies then get to apply their skills in local games against schools in the South London Netball League.

*“Since I’ve played netball here it has really helped me with my PE class too. I have improved my skills and technique thanks to Ms Daniels and Ms Bartley. What I really enjoy is that I can show my personality when I play netball”.*

**Emily Teixeira de Aveiro**  
**(Platanos pupil)**

### **Trampolining**

The trampolining club includes pupils of varying ages, ability and experience yet they all enjoy teaching, supporting and learning from one another. In 2018 Platanos College took a select number of students to their very first trampolining competition with great success, which will be available again in the coming years.

We also offer a wide variety of after school clubs that cater for the needs for all of our pupils.

The majority of our clubs also compete against other schools in local, regional and national competitions.

The clubs we offer at Platanos include:

- Girls’ & Boys’ Football
- Girls’ & Boys’ Basketball
- Netball
- Trampolining
- Dance
- Fitness
- Athletics
- Badminton



# RECENT ACHIEVEMENTS

## YEAR 9 & 10 GIRLS' FOOTBALL TEAM – RUNNERS UP



This season the Year 9 and 10 girls competed valiantly in a very competitive 6-side league. The girls should be very proud of themselves as they played exceptionally well and finished a very respectable 2<sup>nd</sup> place.

#	Team	GP	W	L	D	G	GD	Pts
1	Dunraven	14	12	1	1	39 :11	28	37
2	Platanos	14	11	2	1	28 :9	19	34
3	City Heights	14	10	4	0	44 :16	28	30
4	Oasis	14	6	6	2	16 :32	-16	20
5	S&CH	14	4	8	2	13 :26	-13	14
6	Bolingbroke	14	3	8	3	17 :21	-4	12
7	Norwood	14	4	10	0	15 :33	-18	12
8	Laurels	14	1	12	1	6 :30	-24	4

## PLATANOS COLLEGE FIRST WORLD CHAMPION RETURNS!



On the 26<sup>th</sup> February 2018, Isaac Dogboe gave an impromptu visit and talk to Mr.Klassen's Year 7 PE class.

Isaac is an ex-student who completed Year 11 and went on to represent Ghana in the 2012 olympics and won the interim WBO bantamweight boxing belt.

This made him the number one contender and mandatory challenger for the WBO word title, which took place on Saturday 14<sup>th</sup> April and was broadcast on ESPN and Box Nation TV.

It was a dramatic and scintillating fight which Isaac won with a technical knockout in the 11<sup>th</sup> round. Isaac is now the WBO World Bantamweight Champion and vows to return to Platanos College to share his experiences with our current pupils.

# RECENT ACHIEVEMENTS

## PLATANOS DOMINATES LAMBETH ATHLETICS EVENT!

Athletics has been a steady growing club from the start of the year. As the weather improves, so does the number of pupils wanting to be the next Usain Bolt. There has been a consistent group of girls and boys that regularly attend the club and have been rewarded for their efforts. Recently the boys took part in the annual Lambeth Schools Athletics Championship at Tooting Bec Athletics Track and achieved great success in numerous events.

**Jaelan Inglis (Year9) – 1st shot putt**

**Michael Osemene (Year 9) – 1st high jump & 7th 100m final**

**Mohammed Traore: (Year 7) – 1st shot putt & 4th 200m final**

**Sif-Tehuti Miller-Reid: (Year 8) – 1st 100m & 200m & 2nd/3rd high jump**

**Diamond Lewis: (Year 8) – 2nd 800m & 1st shot putt**

**Joao Quintal: (Year 9) – 4th in 200m final**

**Year 8 boys won the 4x100m relay (Sif-Tehuti Miller-Reid, Diamond Lewis, Ezekiel Asamoah and Kalani Barton)**



**Year 9 boys won the 4x100m relay (Omarion Tomlinson, Michael Osemene, Joao Quintal and Malachi Nwadiador-O'Connor)**

## PLATANOS COLLEGE HOSTS THE ANNUAL PRIMARY BASKETBALL TOURNAMENT

On Friday 9<sup>th</sup> March 2018, the Platanos College PE Department hosted the Lambeth Primary Schools Basketball Competition. It was a whole day event which was led by our very talented Sports Leaders. There were 13 primary schools in attendance on the day with over 100 students in action. It was a very enjoyable day for the primary school students and it was a great experience for our young leaders.

**“It was a lot of pressure but I enjoyed officiating the games and it has given me great experience”.**

– Konstantinos Pirios, 9C

**“I officiated a lot of games today and saw some very talented players, I was really impressed to see a lot of high level performers from primary schools”.**

– Teniola Okunrunkoya, 9A





# RECENT ACHIEVEMENTS

## PLATANOS PUPILS ATTEND THE PINEAPPLE DANCE STUDIOS

The Platanos College Dance club is currently led by the Movement Factory that has provided great opportunities for the pupils that have been a part of it. The pupils took part in a Female Empowerment day through Dance which was to boost self esteem and fitness levels through non traditional sports. A number of pupils from mixed year groups regularly attend the dance club from the start of the school. All this time they have been working exceptionally hard to improve their dancing ability and performance skills. Through this partnership with the Movement Factory, pupils have had the opportunity to visit and perform at the world famous Pineapple Studios in Covent Garden. Pupils were able to dance in professional studios surrounded by elite dancers auditioning and rehearsing for upcoming West End productions.



# RECENT ACHIEVEMENTS

## PLATANOS GIRLS TO REPRESENT THE LAMBETH ATHLETICS TEAM



On Thursday 17<sup>th</sup> May 2018 the Platanos College Girls' Athletics Team competed in the Lambeth Athletics Championship. It was a great day where all those chosen took part in a number of athletics events, events that some have never done before. Sapphire Haley dominated the Year 7 girls' 100m heats and was later rewarded with a gold medal in the 100m final. Sapphire was also successful in achieving first place in the Year 7 girls' 4x100m relay where she teamed up with Leatiyah Adeyemi, Tiara Marriott and Shani Johnson.

Janet Beia won silver in the Year 10 200m finals against tough competition. The Year 9 team was successful in achieving second place in the 4x100m relay and the Year 10 team achieved third place in their 4x100m relay. Both Sapphire and Janet have been selected to represent the Lambeth Schools Team at the London Schools Athletics Championships in June.





# RECENT ACHIEVEMENTS

## YEAR 9 BOYS CROWNED SOUTH LONDON FOOTBALL CHAMPIONS

The Year 9 team competed in the South London School League final at Cobham – the training ground of Chelsea Football Club. The team were defending champions and were up against the same opponents as last year. The match started off very well for Platanos, with Bruno putting Platanos ahead with a wonderful strike just outside the 18-yard box – 1 nil to Platanos - the first half ended. Second half started, and Harris were beginning to exert control of the game with their slick passing, their pressure finally paid off and they were rewarded with a goal to level the match at 1-1. Both teams were battling well on a very large pitch, however, Harris were on the ascendancy scoring another goal to make it 2-1. The boys continued to play but a defensive error occurred, and Harris were awarded a penalty. The Harris striker ruthlessly dispatched the penalty to make it 3-1 to Harris. With only 11 minutes to play, the boys dug deep and showed great determination, Abdoulaye scored to make it 3-2 after a wonderful save from David Mata's volley. The boys did not stop there; Kalani was then able to make a beautiful run in between the Harris centre backs and was able to score to make it 3-3. The boys were on a roll and were determined to finish off the match within 90 minutes. Wesley incredibly then shot at goal with the outside of his boot to curl the ball into the net to make it four. The score finished 4-3 to Platanos College and it was a scene of euphoria from the team at the end - an unbelievable comeback.



## PLATANOS REACH BASKETBALL QUARTER FINALS OF THE NATIONAL SCHOOLS COMPETITION

For the fourth consecutive year, our Under-14 Boys' basketball team have reached at least the quarter finals stage of the National Schools Competition. This competition consists of some of the strongest basketball academies across the country for this respective age group, and the boys have shown amazing commitment to the club throughout the season. The boys now take on The Christ School to determine a semi-final place.





# PLATANOS ALUMNI



## **Ade Adebayo (2012 – 2017)**

Ade graduated from Platanos College in 2017 and has since gone to study at Barking Abbey (No. 1 elite basketball academy in the country). Ade has also most recently been ranked the No. 1 player in the country for his respective age group. Ade intends to gain a full basketball scholarship in America once he has finished his studies at Barking Abbey.



## **Ola Ayodele (2007 – 2012)**

Ola graduated from Platanos in 2012 where he then eventually went to study in America on a full basketball scholarship at Laramie Community College. Ola graduated from Laramie in 2018 and intends to stay in America to attend a university whilst competing at basketball at the universities' highest level.



## **Rayell Eytle Rock (2010 – 2015)**

Rayell graduated from Platanos in 2014 where he then went to attend Barking Abbey College for a further 2 years. Barking Abbey is the leading college in the country for elite basketball players. Rayell was Barking's key player during his time there, whilst also representing and captaining England (U16 & U18) and Great Britain's U20 team at international tournaments. Rayell is now on a full basketball scholarship at Peddie College in America.



### **Denilson Caschilli (2015 – 2017)**

Denilson had been attending the basketball academy at Platanos since he was in Year 6, before finally attending the school in 2015. As a result of Denilson's hardwork, dedication and skill level in basketball, Denilson was offered a place at Dinamo Sassari, which is a professional Basketball Academy in Italy. Dinamo's feedback of Denilson is that they love Denilson's attitude and have very high hopes for Denilson of joining their professional team once he is old enough.



### **Jules Dang Akodo (2007 – 2011)**

Jules was our first pupil at Platanos College to go on to play professional basketball. Attending Platanos College in 2006, Jules has always been one of the elite players in the country for his respective age group, eventually earning the opportunity to leave England to play professional basketball in Serbia. Since leaving Platanos, Jules has had the opportunity to travel the world, living in countries such as Spain, Germany, Slovenia, France and Slovakia.



### **Patrick Lanepekun (2011 – 2016)**

Patrick graduated from Platanos College in 2015 where he went on to study in Leicester at Charnwood College whilst playing basketball at the highest college level within England. During this time, Patrick also represented and helped the Irish national team qualify for their first ever 2017 European championships. Patrick's intention is to attend college to play basketball on a scholarship after completing his final year at Charnwood College.



### **Isaac Dogboe (2005 – 2010)**

Isaac was one of our very first pupils to go on and achieve a lot in the sport of boxing. Isaac has represented Ghana in the London 2012 Olympics.

In addition, Isaac most recently went on to win the WBO world boxing title for his respective weight category.